In preparation for my final newsletter I asked some of my fellow 2015 graduates to reflect on their time in the program and provide advice for other students also working toward their MSW. It has been great to read all their wise words; I hope you find them meaningful and helpful in your journey ahead. It has also given me time to reflect on my time here at OU so that I can share my advice for making the most of this program.

• Treat the classroom as the professional setting it is. Respect your peers and instructors and protect your learning as well as your professional reputation.
• Make friends with other members of your cohort, at times they will be the only people you can turn to.
• Get involved! Join MSWSA, attend OUTSGA meetings, go to events & take every training opportunity that is offered to you.
• Focus on the end goal, why did you want to be a social worker in the first place? Let that be your driving force.

I hope each and every one of you find as much meaning in your time at OU as I have. I have met people who have forever changed me and I have grown professionally and personally in ways I couldn’t have imagined. It has been an honor to serve as your president; I wish you all the best of luck.

regards,
Taylor Kilburn
This month we celebrate some 2015 graduates and will feature their words of wisdom and advice for students in various stages of the MSW program in Tulsa.

• “When choosing a practicum placement, try to move outside your comfort zone and try something new.” –Becca Smith
• “Pace yourself and work ahead whenever possible. Staying organized is vital to success and lowered stress!” –Christine Monteith
• “Be ready to be tired. Be ready to work hard. Be ready to cry. But... you WILL make it through and it is all worth it.” –Diedra Hopes
• “Time management is an amazing resource. Use it.” –Rachel Vernon
• “Make the most of your practicum experience, ask questions, and do what you can to make the most of your experiences because that’s where you will learn.” –Laura Reeder
• “Get to know the students in your cohort and establish relationships with them. They will be there for you and truly understand when others outside of school don’t.” –Brianne Higdon
• “Practice self care when possible, read your emails daily, make friends and laugh whenever you can!” –Stephanie Rowland
• “Utilize your advisor and never be scared to ask for a second opinion because you’re accountable for your education. Also, it’s never too early to start planning for your practicum!” –Kristi Whitaker
• “Don’t be invisible. Get to know the faculty and staff, go to MSWSA meetings, make your opinions known and help with events. By forming relationships with your professors you feel more comfortable coming to them with problems, making your grad school experience much less overwhelming!” –Paige Melton
• “Just keep swimming, just keep swimming, just keep swimming! Stop after every semester to pat yourself on the back, then just keep swimming and you will make it to the end!” –Vanessa Brown
MSW Graduation Party 2015

Please come celebrate your graduation with friends and faculty! There will be abundant food, deserving awards, a riveting slideshow, an unimaginable photobooth and well-stocked cash bar! Please RSVP for yourself and one adult guest at the Qualtrics survey provided to you in this email!

Where: **Naples Flatbread and Wine Bar**
201 S. Denver Ave, Tulsa, OK 74103
When: **Saturday, May 2, 2015**
Time: **6:00PM-12:00AM**

T-shirts have been ordered, please watch your e-mail closely for information on pick up!

Graduates please send pictures from your time at OU-Tulsa to Becca Smith: Rebecca.A.Smith@ou.edu by May 1st to be included in a

Please be sure to use the link provided to vote for **instructor of the year and adjunct instructor of the year!**

Voting ends April 16th!

Awards will be presented at the graduation party May 2nd and recipients will be announced on the OU-Tulsa School of Social Work Facebook page!

(Cut and copy link in your browser)

T-shirts have been ordered, please watch your e-mail closely for information on pick up!

Graduates please send pictures from your time at OU-Tulsa to Becca Smith: Rebecca.A.Smith@ou.edu by May 1st to be included in a

Please be sure to use the link provided to vote for **instructor of the year and adjunct instructor of the year!**

Voting ends April 16th!

Awards will be presented at the graduation party May 2nd and recipients will be announced on the OU-Tulsa School of Social Work Facebook page!

(Cut and copy link in your browser)
Upcoming Events

MSWSA Self Defense Class
*drinks and light refreshments will be provided, this event is being offered in lieu of a monthly MSWSA meeting

- Saturday, April 18th, 4-6:30 pm, Location TBD

Graduation Party 2015

- Saturday, May 2nd, 6-11 pm, Naples Flatbread

Tulsa Convocation Ceremony

- Tuesday, May 5th, 7 pm (graduates report at 6 pm), University of Tulsa-Reynolds Center

NASW OKLAHOMA CHAPTER: Annual State Conference

April 26-28, 2015, Embassy Suites Hotel & Conference Center, Norman, OK

For more information:

NASW-OK Chapter
director@naswok.org

Phone: 405-286-4540

To register: http://www.nasw-heartland.org/events/event_details.asp?id=588326

Students are invited to attend this event, and may use student funds ($250 allocated to each student every school year) for travel expenses.